



3548 Electric Road, Promenade Park • Roanoke
540.989.5109

35 East Main Street • Salem
540.389.9583

4822-B Valley View Blvd, The District • Roanoke
540.366.1764

294-B West Commonwealth Blvd • Martinsville
276.632.4697

~ **Serving Southwest Virginia since 1977** ~

Good Thru February 28, 2014



Udi's
**Gluten Free
Breads**

12 OZ Reg. \$5.99
All Stocked

\$4.19

No need to toast this bread, go ahead
and eat straight from the bag.



Chocolove Xoxo

Gourmet Chocolate Bars

3.2 OZ Reg. \$3.59
All Stocked

2/\$5

Sea salt crystals will reset your sweet taste buds to make a
tantalizing taste combination.



Endangered Species Chocolate
**All Natural
Chocolate Bars**

3 OZ
All Stocked

2/\$4

Help protect endangered species
with every delicious bite!!



Citra-Solv
**Valencia Orange
Multi-Purpose
Spray**

22 FL OZ

\$3.49

Ready to use convenient spray
bottle. Harnesses the power
of orange extractives.



Van's Natural Foods
**Gluten Free
Blueberry
Waffles**

9 OZ Reg. \$3.99

\$2.49

An ideal way for gluten-sensitive folks to start
the day!



Nature's Way
**Extra Virgin
Coconut Oil**

All Stocked
Includes New Liquids

20% OFF

Great for cooking or as a moisturizers. Learn about the
health benefits today!! Find a recipe for coconut bark and
enjoy with dark chocolate, nuts, and coconut flakes!



**PROTECT YOUR SWEETHEART
WITH CHOCOLATE**

Celebrate heart health
month with the gift of dark
chocolate. Chocolate with
higher cacao content offers
much higher levels of heart
healthy antioxidants and has
much lower levels of sugar.
Combine with coconut oil
and you have the perfect
heart friendly, low sugar
dessert.

Deals On Gluten Free Products



Pamela's Products
Wheat & Gluten Free
Chocolate Brownie Mix
 16 OZ

\$4.89

This mix is for all chocolate lovers who are passionate about dessert!



Nature's Path
Gluten Free Hot
Oatmeal Variety Pack
 11.3 OZ

\$4.39

All of our best in one box!



Blue Diamond
Single Serve
Almond Milk
 11 FL OZ
 All Stocked

\$1.29

A great low sugar alternative to cow's milk. Perfect for making smoothies on the run. Try with Raw Fit shake mix for a low calorie and low carb meal replacement.



Udi's
Gluten Free Pizza
Crust
 9 IN 2 Pack
 8 OZ

\$4.19

A great way to make a pizza for anyone. Add your favorite toppings and leave the gluten aside.



Udi's
Gluten Free
Pizzas
 10 OZ
 All Stocked

\$5.79

A flavorful crowd pleaser. A great price on our most popular G/F pizzas.



Udi's
Gluten Free
Granolas
 12 OZ
 All Stocked

\$4.79

Loaded with natural caramelized flavor, crunch and uncluttered taste.

More Gluten Free Goodies



Green Mountain Gringa
Medium Salsa
 16 OZ

\$3.79

The freshest tasting salsa in a jar.



Green Mountain Gringa
White Corn Tortilla
Chips
 Made with Organic
 Ingredients
 8 OZ

\$2.49

A sturdy, delicious, trans-fat free strip that stands up to your favorite salsa.



Enjoy Life
Gluten Free
Plentils
 4 OZ
 All Stocked

\$1.99

This chip's unique recipe results in a protein-packed, crunchy experience, bursting with flavor.



Udi's
Soft n' Chewy
Granola Bars
 5/1.23OZ
 All Stocked

\$4.59

One of three new soft & chewy granola bars, from a gluten free brand you can trust with Antioxidants Vitamin E and Zinc. Perfect for an on the go or a snack.



Van's Natural Foods
Gluten Free French
Toast Sticks
 8.5 OZ

\$2.49

Our wheat free French Toast Sticks are made from whole grain brown rice flour mixed with tasty brown sugar and cinnamon.



Schar
Classic White
Bread
 14.1 OZ

\$3.99

Schar offers you quality, safety and freshness for your daily meals.

Healthy Shopping Made Simple



Bragg
**Organic Apple
Cider Vinegar**
32 FL OZ

\$4.99

Organic, unfiltered, unheated and unpasteurized.



Marley Coffee
Stir It Up
**Organic Medium
Roast Coffee**
8 OZ

\$6.99

Rich smooth flavor into every cup.



C2a Pure Coconut Water
Pure Coconut Water
10.5 FL OZ

\$1.39

Our coconut water is here to keep you going.



Annie's Homegrown
**Pasta &
Cheese**
6 OZ
All Stocked

\$1.69

Totally natural and totally delicious!



Think Products
Think Thin Bars
2.1 OZ Reg. \$2.29
All Stocked

2/\$3

This delicious high protein bar is covered in milk chocolate to satisfy any craving.



Illy Iссima
No Sugar Caffe
Coffee Drink
6.8 FL OZ
Reg. \$2.89

\$1.69

Bold and energizing, full-bodied character, a real Italian chilled coffee experience.

More Delicious Savings



R.W. Knudsen
**Organic Cranberry
Pomegranate Juice**
32 FL OZ

\$3.99

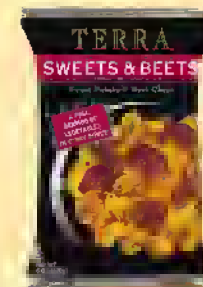
The best ingredients produce juices true to nature.



Pacific Natural Foods
**Organic Chicken
Broth**
4/8 FL OZ

\$2.79

A mouth watering broth that's as fresh as you can get.



Terra Chips
**Sweet Potato &
Beet Chips**
6 OZ

\$2.49

A hearty crunch that will create a memorable gourmet experience each time you open a new bag!



Biakleen
**Automatic Dish
Powder**
32 OZ

\$7.19

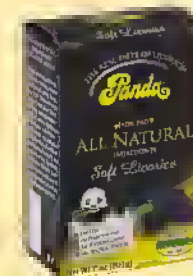
At last, a phosphate-free alternative with natural corrosion fighters.



Biakleen
Produce Wash
16 FL OZ

\$3.99

Safe, natural, effective cleaner that helps remove soil, waxes, pesticides, herbicides, fungicides, and other pollutants from your fruits, vegetables, and poultry.



Panda
**All Natural Soft
Licorice Chew**
7 OZ
All Stocked

\$2.79

This premium quality soft licorice is made with time honored methods.

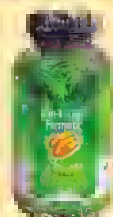
Supplements and More

Natural Factors
PGX Satisfast Organic
Vegan Protein Bars

\$2.79
Ea.

Aubrey Organics
All Aubrey Skin Care

20% Off



Irwin Naturals
3-in-1 Joint
Formula®
90 liq softgels

20% OFF

A targeted formula that incorporates the latest clinical research with additional joint supporting nutrients.



Irwin Naturals
Carb
Blocker™
75 liq. softgels

20% OFF

Clinically and scientifically proven to neutralize starch, found in your favorite foods such as potatoes, breads, pasta, rice and crackers.



Natural Factors
Whey Factors™
All Stocked

20% OFF

A high quality, low carbohydrate protein powder with a high concentration of branched-chain amino acids (BCAA).



Garden of Life
RAW Meal, RAW
Protein, RAW Fit
20% OFF

Save on all Raw Protein based products from Garden of Life



Garden of Life
Vitamin Code
Raw B Complex
60 caplets

20% OFF

100% food based complex to make your B vitamins easy to absorb.



Nature's Plus
Herbal Actives
Red Yeast Rice
600 mg
30/60 tablets

20% OFF

Providing the greatest concentration of active botanical principles,



Minami Nutrition
MorEPA
Platinum
All Sizes

20% OFF

Super concentrated one a day fish oil. 750 EPA and 250 DHA in this super critically extracted pill.



Salgar
Brewer's Yeast
Powder
16 oz.

20% OFF

Alacer
Emergen-C
Blueberry Acai
Immune+D

30 PKT
Reg. \$18.99
Selected Varieties
A bold, juicy mouthwatering
delight.

\$12.99



Bairn
Oscillocochinum
6 DOSE
Reg. \$14.99

\$10.99

Reduces the duration and severity of flu symptoms.



American Health
Ester-C With
Citrus
Bioflavonoids
All Stocked
20% OFF

A unique gentle form of vitamin C. Buffered and easily absorbed.



Nature's Way
Garlicin
Products
All Stocked

20% OFF

Fresh prepared garlic that is enteric coated to prevent odor.



Michelle's Mirade
Tart Cherry Juice
Concentrate
16 FL OZ
Reg. \$29.99

\$19.99

This super-premium cherry concentrate has no preservatives and no additives.



Yerba Prima
Colon Care
Capsules
180 CAP

\$10.49

Aides proper digestion, regularity and elimination of toxins.



Eco-Dent
Daily Care Mint
Toothpowder
2 OZ Reg. \$7.89

\$5.39

Eco Dent toothpowders offer 200 brushings per bottle!



Giovanni Hair Care Products
Avocado & Olive
Oil Cosmetic Line
8.5 FL OZ Reg. \$8.99

\$5.99

Moisturization for both your hair and body



Jason Natural Products
Body Washes
30 FL OZ Reg. \$15.75
All Stocked

\$9.99

Rich natural oils, emollients and humectants are combined for your bathing pleasure.



Jason Natural Products
Fragrance Free
Body Wash
16 FL OZ

\$7.49

Gentle, Fragrance Free and great for sensitive skin types.

**Think
Heart
Healthy!**



Four locations to serve you!

www.naturesoutlet.net

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SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.